



# Vital

*Laura May*

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## Description

"These words, they are all I have, and even when I try to stop my hand, try to cease, end, cut, they flow, unruly, before me, and I know, they are vital." - From Vital, by Laura May

'Vital' is the second collection of poetry from Laura May, a young woman tackling bipolar and borderline personality disorder. Through her creative writing, May unlocks a world of enchantment and honesty, addressing a range of issues from suicide to self harm and recovery. This collection will take you on a poetic journey of life, leading to hope.

## About the Author

Born in 1983, Laura May is the oldest of six children, and always felt a bit 'different'. In 2008, after ten years of being treated for a range of mental health issues, Laura was diagnosed with Bipolar Disorder, and subsequently discovered she has Borderline Personality Disorder.

Over the past eleven years, Laura has experienced suicide attempts, psychotic episodes and several bouts of extreme depression and mania, all of which she has tackled through her creative writing.

Laura May now works as a full time marketing executive, and possesses a degree in English Literature from the University of Hull. Laura lives in Essex with her wife and their 'babies', the many cats and dogs. Find out more about Laura May at [www.lauramay.org](http://www.lauramay.org)

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